

My Changing Self

Grade Level	Eighth
Minimum Time Required	30 Minutes
Materials/Resources	"Self Assessment Inventory" 3 x 5 index cards – two per student
Subject Area(s)	Guidance

Project Description:

1. In this activity the focus is on understanding that many of the changes the students are experiencing in middle/junior high school are common to others, that they are not alone. In this way they can draw the conclusion that they are normal and will grow through these years into a normal adulthood.
2. Explain that students of middle school age are experiencing many physical, social and emotional changes. Ask everyone to think of someone their age that they have known for several years and to mentally compare them today with the way they used to be.
3. Distribute the Self-Assessment Inventory worksheet and ask students to check the appropriate column for each item. Explain that the purpose of doing this is to bring to their awareness the many characteristics that are part of their present physical, social and emotional being.
4. Distribute the 3 x 5 sheets of paper. Explain that the information they are about to write down will be put into a "pool" from which they will draw one at a time for discussion. They will not sign their papers and thus their comments will be anonymous.
5. On first paper, ask students to write down some positive changes that have occurred in the past three years. Also, ask them to write down some future positive changes they hope will occur. On the second paper, ask students to write down some positive changes they have noticed in their best friends. Also, have them write down some changes in friends. Also, have them write down some changes in friends that may not appear to be positive changes.
6. Collect the two sets of responses separately. Draw several papers from the "self" pool and discuss the responses. As you draw several, note the similarities that begin to appear.
7. Follow with the same discussion of items drawn from the "friend" pool. Also note if the types of characteristics and changes seen in friends parallel the characteristics and changes seen in self.
8. Conclude by asking the group how they have felt about this activity. They could write this down and turn it in or respond verbally.

Career Development Standard	Knowledge of the importance of growth and change.
Career Development Indicator	Describe changes that occur in the physical, psychological, social and emotional development of an individual.
Delivery Level	Introductory
Academic Standards	
Language Arts	4.1.b Present oral information in a logical and coherent manner. 4.2.c Use recognized conventions/mechanics of language in personal communication.
Employability/SCANS Skills	Personal Qualities Thinking Skills
Assessment/Rubric	Students will be evaluated on completion of Self-Assessment Inventory and class participation.

Submitted by: South Dakota Comprehensive Guidance and Counseling Program Model

Self Assessment Inventory

		NOT LIKE ME	VERY MUCH LIKE ME	A LITTLE LIKE ME
1.	Gets along well with boys.	_____	_____	_____
2.	Gets along well with girls.	_____	_____	_____
3.	Gets along well with teachers.	_____	_____	_____
4.	Gets school work in on time.	_____	_____	_____
5.	Is funny or comical.	_____	_____	_____
6.	Enjoys science projects.	_____	_____	_____
7.	Remembers what is learned.	_____	_____	_____
8.	Controls temper.	_____	_____	_____
9.	Is willing to help others.	_____	_____	_____
10.	Is confident, sure of self.	_____	_____	_____
11.	Enjoys art work.	_____	_____	_____
12.	Is neat and clean in appearance.	_____	_____	_____
13.	Feels lonely.	_____	_____	_____
14.	Is able to concentrate.	_____	_____	_____
15.	Is courteous, has good manners.	_____	_____	_____
16.	Gets a lot of fun out of life.	_____	_____	_____
17.	Enjoys math.	_____	_____	_____
18.	Is a leader.	_____	_____	_____
19.	Is not too skinny, not too fat.	_____	_____	_____
20.	Studies hard, does not waste time.	_____	_____	_____
21.	Is willing for others to have their way sometimes	_____	_____	_____
22.	Does not expect that everything he or she does should be perfect.	_____	_____	_____
23.	Is good at physical education.	_____	_____	_____
24.	Has new, original ideas.	_____	_____	_____
25.	Is not too tall, not too short.	_____	_____	_____
26.	Is able to talk to teachers easily.	_____	_____	_____
27.	Goes ahead with school work on his or her own.	_____	_____	_____
28.	Make other people feel at ease.	_____	_____	_____
29.	Has lots of pep and energy.	_____	_____	_____
30.	Feels rebellious or angry.	_____	_____	_____